

CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

NOVEMBER 19, 2021

NEW THIS WEEK!

****If you are unable to reach the VASE+ page from hyperlinks in this newsletter, please either type or copy/paste the URL into your browser: vase.vdh.virginia.gov**

HIGHLAND COUNTY COVID-19 VACCINE CLINIC

FREE COVID-19 VACCINATIONS

Stonewall Ruritans Club
67 Bullpasture River Road,
McDowell, Virginia 24458

November 20, 2021
10:00 a.m. - 3:00 p.m.



Register for
Pfizer (5-11)



Register for
Pfizer (12+)



Register for
Moderna (18+)



Register for
Johnson
& Johnson (18+)

APPOINTMENTS REQUIRED FOR CHILDREN 5-11
APPOINTMENTS RECOMMENDED FOR EVERYONE 12+

**FIRST, SECOND, THIRD and BOOSTER DOSES
AVAILABLE FOR ALL ELIGIBLE INDIVIDUALS**



CSHD is hosting a COVID-19 vaccine clinic at the Stonewall Ruritans Club in McDowell on November 20 from 10:00 a.m. through 3:00 p.m.!

All three vaccines are available for first, second, third and booster doses.

Appointments required for those ages 5-11, and recommended for everyone 12+.

Make your appointments here!

Pfizer (Ages 5-11): <https://bit.ly/3qgqeXd>

Pfizer (Ages 12+): <https://bit.ly/3n1wtHW>

Johnson & Johnson (Ages 18+): <https://bit.ly/30i4ZVZ>

Moderna (Ages 18+): <https://bit.ly/3HcZcBC>

CSHD IS VACCINATING EVERYONE 5 AND UP!

The CDC recommends that children and adolescents age 5 and older get a COVID-19 vaccine!

- The Pfizer COVID-19 vaccine is authorized for children and adolescents age 5 and up, as a 2-dose series taken 3 weeks apart.

- The dose for children age 5-11 is one-third of the dosage of the vaccine for older adolescents and adults.

Vaccination is the best way to protect children age 5 and older from COVID-19.

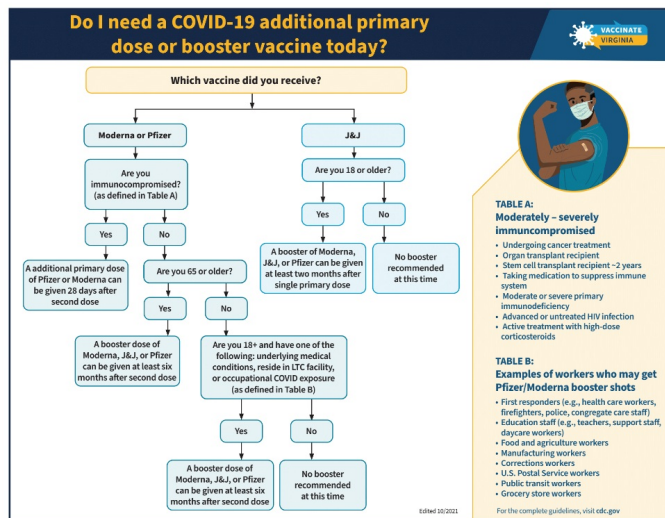
Vaccines are available at CSHD clinics, local pharmacies, some pediatrician offices, school based clinics, and more!

Visit vaccinate.virginia.gov or call 877-VAX-IN-VA for assistance in finding a clinic or scheduling vaccination.



Find your child a COVID-19 Vaccine!

CSHD IS OFFERING PFIZER, MODERNA, JOHNSON & JOHNSON COVID-19 VACCINE BOOSTERS TO ALL ELIGIBLE PERSONS



For individuals who received a **Pfizer-BioNTech** or **Moderna** COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older
- Age 18+ who live in [long-term care settings](#)
- Age 18+ who have [underlying medical conditions](#)
- Age 18+ who work or live in [high-risk settings](#)

For people who got the **Johnson & Johnson** COVID-19 vaccine, booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago.

The FDA and CDC also authorized mixing and matching different vaccines from the initial series. Read more [here](#).

Looking for an opportunity to get your COVID-19 vaccine or booster shot this week?

**Monday, November 22, 12:00 to 6:00 p.m.
College Square (Old Peeble's/Gordmans)**

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments required. To make your appointment, please visit vase.vdh.virginia.gov.

There are not clinics at Rockingham County Fairgrounds and JMU Convocation Center this week while offices are closed for Thanksgiving!

Read more about COVID-19 Booster Doses

COVID-19 TESTING CLINIC

The Central Shenandoah Health District is offering free drive thru COVID-19 testing for those:

- ☞ With COVID-19 symptoms, and/or
- ☞ Who have been exposed to COVID-19

NO PRE-REGISTRATION REQUIRED!

📍 Hillendale Park
801 Hillendale Ave
Harrisonburg, VA

🕒 Monday, November 22
8:00 -10:00 am



QUESTIONS? CALL YOUR LOCAL HEALTH DEPARTMENT!



There will be no testing clinic on Thursday, November 25 while offices are closed for Thanksgiving!

THE FLU SHOT: WHAT YOU NEED TO KNOW

An illustration of four stylized figures (red, orange, purple, and yellow) huddled together, representing a family or community. They are all wearing band-aids on their arms, suggesting they are all affected by the flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

#FIGHT FLU



What: Flu Shots (also known as Influenza Vaccines) are the best way to protect yourself and your loved ones from the flu, which is a potentially serious disease that can lead to hospitalization and sometimes even death.

Who: All people 6 months and older (with rare exceptions).

When: People should get a flu shot every year. Ideally, everyone should be vaccinated by the end of October to

protect themselves during the flu season. It is okay to get a flu shot after October.

Why: When more people are vaccinated against the flu, the flu will have less of an opportunity to spread in a community. This means less people will need medical care for flu illness and our already overwhelmed healthcare system can focus on helping people with other health problems, such as Covid-19.

Flu Shot & COVID-19 Vaccine: You can get a flu shot and a COVID-19 vaccine on the same day, there are no timing requirements between getting a flu shot and a Covid-19 vaccine.

Where: You can get a flu shot from your healthcare provider or just about any pharmacy. Some public providers offer the flu vaccine for free. Visit the [VDH website](https://vdh.virginia.gov/flu) to find out where you can get your flu shot. You can also visit <http://flushot.healthmap.org/> for flu shot clinics near you.

UPCOMING FLU VACCINE CLINICS AT THE LOCAL HEALTH DEPARTMENT!

Call your local health department to schedule an appointment!

Harrisonburg Rockingham Health Department: Call 540-574-5101

Flu vaccine clinics every Friday, 9:00am-11:00am

Waynesboro Augusta Health Department: Call 540-949-0137

Flu vaccine clinics every Wednesday, 2:00pm-4:00pm

Lexington Rockbridge Health Department: Call 540-463-3185

Flu vaccine clinics every Monday, 1:00pm-4:00pm

You may receive your COVID-19 shot or booster at the same time as your flu shot!

Health Education Corner



In preparation for Thanksgiving next week, let's talk turkey! Follow these five tips to help you safely prepare your next holiday turkey meal.

- Thaw your turkey safely.
- Handle your turkey the right way.
- Cook stuffing thoroughly.
- Cook your turkey thoroughly.
- Take care of leftovers.

[Click here](#) to read these tips in more detail.

CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 DATA

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.

Number of New Cases Reported^A

79

7-Day Average Number of Daily New Cases Reported

62

7-Day Average Number of New Daily Cases Reported, Rate per 100,000 Population

20.5

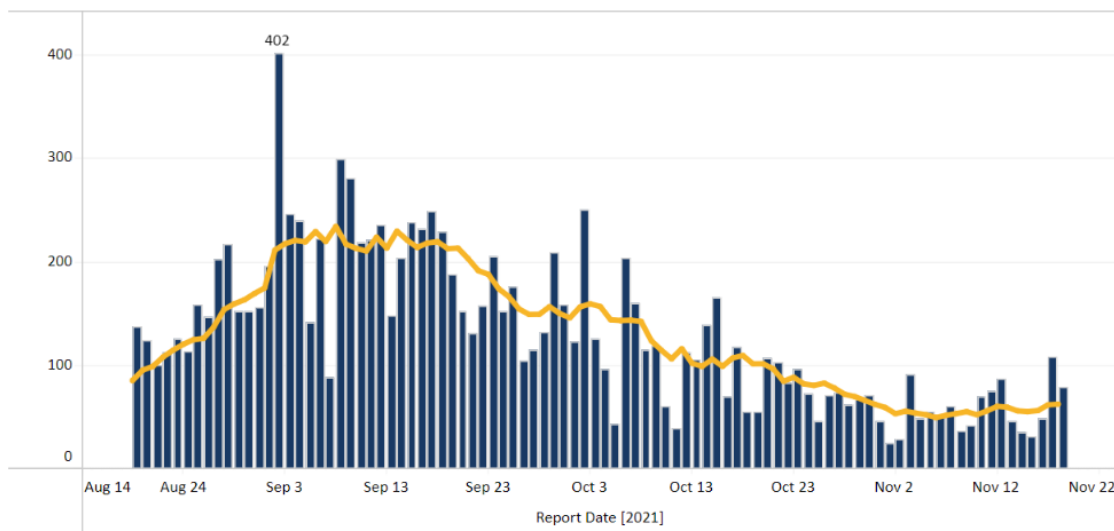
Total Number of New Cases per 100,000 Population within last 14 days

271.8

Report Date Daily Cases Counts for past 90 Days
Multiple Localities

Select Date Range (Affects Bar Chart)

Past 90 Days



Case Data Breakdown

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found [here](#).

	7-Day Average Number of Daily New Cases Reported	Total Cases	Total Hospitalizations	Total Deaths
Rockingham County	12	9,651	599	165
Harrisonburg City	10	8,401	266	112
Augusta County	17	10,484	310	133
Staunton City	6	3,494	99	82
Waynesboro City	5	3,737	101	50
Rockbridge County	6	2,229	77	65
Lexington City	1	1,609	37	36
Buena Vista City	4	1,394	34	28
Bath County	1	500	20	15
Highland County	0	189	2	4
Totals:	62	41,688	1545	690

Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	54.9	50.1	64.7	60.3
Harrisonburg City	55.0	49.0	60.2	55.0
Augusta County	57.4	53.3	66.2	62.2
Staunton City	67.7	60.8	76.9	71.1
Waynesboro City	63.2	57.2	76.1	70.5
Rockbridge County	58.5	53.9	66.5	62.0
Lexington City	58.4	50.8	60.4	55.3
Buena Vista City	57.3	51.5	67.4	61.6
Bath County	56.0	50.2	64.1	57.5
Highland County	57.4	54.1	64.9	61.7
Totals:	58.6	53.1	66.7	61.7

Data Sources - Find out more!

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data
Dashboard

COVID-19 MITIGATION



Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!**

In addition to vaccination, layering other public health mitigation measures can keep you and your family safe! This can include:

- **Masking up in areas of high transmission**, even if you have already been vaccinated. Currently, the majority of localities throughout the state are in a state of substantial to high transmission. Read more about transmission [here](#).
- **Practice physical distancing (also known as social distancing)**, and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best
Practices

COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District.

The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 5+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

You can register for these clinics at vase.vdh.virginia.gov.

**View the COVID-19 Community
Calendars**

We also continue to partner with organizations throughout the district to provide access to COVID-19 vaccines. Visit the websites below for COVID-19 vaccine clinics operated by our community partners!

- Augusta Health: <https://vaccinate.augustahealth.com/vaccine-appointments/>
- Carilion Rockbridge Community Hospital: <https://www.carilionclinic.org/covid-19-vaccine#latest-updates>
- Health Community Health Centers: <https://www.hburgchc.org/covid-19-2/>
- Rockbridge Area Health Center: <https://www.rockahc.org/coronavirus-covid-19-updates/>
- Sentra Rockingham Memorial Hospital: <https://www.sentara.com/harrisonburg-virginia/covid-19-information.aspx>

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FOR MORE INFORMATION ABOUT COVID-19, VISIT:
<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

